



WHATSheATE



Marinated Potato-and-Artichoke Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.3 teaspoon pepper black



2 tablespoons parsley fresh chopped



2 cups cut green beans (1-inch) ()



2 tablespoons kalamata olives pitted chopped



6 ounce marinated artichoke hearts



2 pounds potatoes red quartered



0.5 teaspoon salt



2 tablespoons citrus champagne vinegar

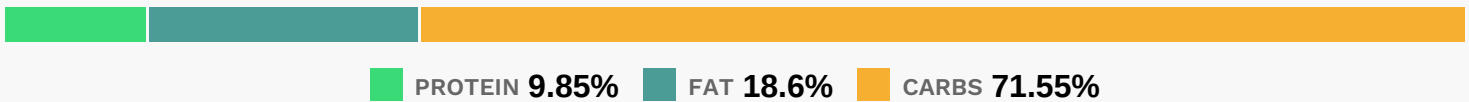
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ colander

Directions

- ☐ Place potatoes in a saucepan; cover with water, and bring to a boil. Cook 20 minutes or until very tender.
- ☐ Add beans; cook 2 minutes or until beans are crisp-tender.
- ☐ Drain well.
- ☐ Drain artichokes in a colander over a bowl, reserving 2 tablespoons marinade; chop artichokes.
- ☐ Add artichokes and olives to potato mixture.
- ☐ Combine reserved 2 tablespoons marinade, vinegar, and the remaining ingredients.
- ☐ Drizzle dressing over salad, tossing to coat. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:0.56, Inflammation Score:-5, Nutrition Score:8.1573912786401%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 115.42kcal (5.77%), Fat: 2.45g (3.77%), Saturated Fat: 0.31g (1.93%), Carbohydrates: 21.2g (7.07%), Net Carbohydrates: 17.99g (6.54%), Sugar: 2.59g (2.88%), Cholesterol: 0mg (0%), Sodium: 280.27mg (12.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.83%), Vitamin K: 31.64µg (30.14%), Vitamin C: 18.92mg

(22.93%), Potassium: 582.69mg (16.65%), Fiber: 3.21g (12.84%), Vitamin B6: 0.23mg (11.66%), Manganese: 0.23mg (11.55%), Vitamin A: 502.75IU (10.06%), Copper: 0.18mg (8.81%), Magnesium: 32.8mg (8.2%), Phosphorus: 80.68mg (8.07%), Folate: 31.08µg (7.77%), Vitamin B1: 0.12mg (7.72%), Vitamin B3: 1.52mg (7.62%), Iron: 1.36mg (7.56%), Vitamin B5: 0.38mg (3.84%), Vitamin B2: 0.06mg (3.82%), Zinc: 0.45mg (3.03%), Calcium: 28.78mg (2.88%), Vitamin E: 0.21mg (1.39%), Selenium: 0.75µg (1.08%)